



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Knoke, Thomas

Total time: 3:06:19

Club: TSVE 1890 Bielefeld
Number: 318

Course: 55.80 km
XL-Cross (0.8 / 45.0 / 10.0)

Rank in course/Total: 12 (of 46)

Rank in course/Men: 12 (of 40)

Best time in course: 2:40:33

Category:

Rank in category: 6(of 13)

Triathlon Männer AK40

Best time in the category: 2:49:28

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen	0.80	15:42	19:37	6	1:57	14	3:03	0.80	15:42	19:37	14			41
Rad	45.00	1:59:09	2:38	9	12:59:09	19	12:59:09	45.80	2:14:51	2:56	13	15:52		40
Lauf	10.00	51:28	5:08	2	0:59	8	13:51:28	55.80	3:06:19	3:20	7	1:28:13	13	1:28:13